**Types of Cell Transport Chart**

AP Biology, Mrs. Krouse

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| **Type of Transport** | **Types of Molecules Moved** | **Movement of molecules from a high to low concentration or a low to high concentration?** | **Movement of molecules up or down the concentration gradient?** | **Passive or Active Transport** | **Membrane Structures Used** |
| Simple Diffusion |  |  |  |  |  |
| Facilitated Diffusion |  |  |  |  |  |
| Osmosis |  |  |  |  |  |
| Active Transport using Protein Pumps |  |  |  |  |  |
| Endocytosis (Phagocytosis, pinocytosis, or receptor-mediated endocytosis) |  |  |  |  |  |
| Exocytosis |  |  |  |  |  |